



It's the most wonderful time of the year?

The end-of-year holidays are certainly a happy time for most of us, but the stress of the season can also put many of us on edge. Everyone is familiar with the tension that the holidays can cause at home, but the workplace can be similarly frantic and filled with anxiety during this season. The added pressures of holiday-shortened deadlines and end-of-year work demands can add to our already frayed nerves. It may even have you question if the holiday season is indeed "the most wonderful time of the year."

December is Seasonal Depression Awareness Month. Seasonal depression, also known as seasonal affective disorder (SAD) or the "winter blues," typically occurs when the seasons change and most symptoms begin in the fall and continue into the winter months. In a given year, about 5% of the U.S. population experiences seasonal depression. It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless.

Here are some tips to prevent holiday stress and depression:

- **Acknowledge your feelings** — If you are grieving or you can't be with loved ones for other reasons, the holidays can be difficult. Realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings and seek support from a mental health professional, if needed.
- **Reach out** — If you feel lonely or isolated, seek out community, religious or other social events or communities for support and companionship. Volunteering your time or doing something to help others also is a good way to lift your spirits during the holidays.
- **Be realistic** — Remember the holidays don't have to be perfect or just like last year.
- **Stick to a budget** — Finances can be a stressor. Before you do your gift and food shopping, decide how much money you can afford to spend and stick to your budget.
- **Plan ahead** — Set aside specific days for shopping, baking, connecting with friends and other activities.
- **Learn to say no** — Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
- **Keep healthy habits** — Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Eat healthy meals, get plenty of sleep and include regular physical activity in your daily routine.
- **Take a breather** — Make some time for yourself by doing an activity you enjoy. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Some options may include deep-breathing exercises, meditation or yoga.



We hope you have a great holiday season!



DID YOU KNOW?

To get the most out of apples, leave the skin on! It contains half of the fiber.

- Learn more on page 8



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DECEMBER
NATIONAL
IMPAIRED DRIVING
PREVENTION MONTH



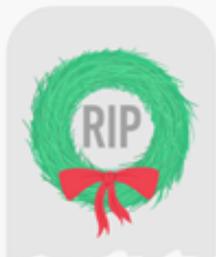
DUI DID YOU KNOW...?

YOU CAN BE ARRESTED FOR DRIVING UNDER THE INFLUENCE OF...



OR ANYTHING THAT IMPAIRS YOUR ABILITY TO DRIVE.

DON'T WRECK THE HOLIDAYS.



OVER A FIVE-YEAR PERIOD,
ALMOST 4,000 PEOPLE DIED
IN DRUNK DRIVING CRASHES
DURING DECEMBER.

WHY DECEMBER?

National Impaired Driving Prevention Month is a time to raise awareness about the consequences of driving under the influence of alcohol and drugs. The holiday season is known for being merry and bright, but it is also known for being the deadliest season when it comes to drunk driving. Unfortunately, every holiday season, lives are lost due to impaired drivers. **Approximately one-third of all traffic crash fatalities in the United States involve drunk drivers.**

Accidents caused by driving under the influence are preventable! We're asking everyone to take personal responsibility this holiday season by making a plan for a safe ride home before your celebrations begin. **Designate a non-drinking, unimpaired driver. Take a taxi, a bus or a train. Use a rideshare app like Uber. If you're a host, provide an alternative to your guests such as festive, non-alcoholic drinks.**

Source: Mothers Against Drunk Driving (MADD) , United States Department of Transportation

MYTHS VS FACTS

Myth: Black coffee or a cold shower helps you to sober up

Fact: Neither coffee nor a cold shower can get rid of the alcohol in your system. There is no fast cure, only time can help you sober up.

Myth: "I'm not driving that far"

Fact: A majority of accidents occur near the home. Alcohol directly affects your judgment and motor skills. Drivers will therefore need a lot more time to react to an unexpected situation, especially if they are under the effects of alcohol or drugs.

Myth: I'll drive slowly and take the "back roads"

Fact: Driving slowly when you are intoxicated or impaired will not help. You will not be able to compensate for the impairments in your reaction time or judgment. Operating a slow-moving vehicle under the influence is still considered a danger to others on the road.

Source: Tampa Bay Monitoring



3 December
International Day of
People with Disability

DID YOU KNOW?

1 in 7 people globally experience disability

Chronic diseases have a significant impact on persons with disabilities

28% of adults in Florida have a disability

Disability inclusion at work is a must

TOP CAUSES OF SHORT-TERM DISABILITY IN 2020¹

1

PREGNANCY



2

INJURY



3

COVID-19



4

JOINT
DISORDERS

5

BEHAVIORAL
HEALTH

The International Day of Disabled Persons aims to promote the rights and well-being of persons with disabilities in all spheres of society. Although "people with disabilities" sometimes refers to a single population, there are many different types of disabilities such as intellectual, physical, sensory and mental illness.

An intellectual disability may mean difficulty communicating, learning, and retaining information. Physical disabilities may affect, either temporarily or permanently, a person's physical capacity and/or mobility. Mental illness impact a person's thinking, emotional state and behaviors. And different types of sensory disabilities leads to problems with one or more senses; sight, hearing, smell, touch, taste or spatial awareness. Two people with the same type of disability can be affected in very different ways. Some disabilities may be hidden or not easy to see.

Adapting to life with a disability may not be easy but there are ways to help cope with limitations, overcome challenges and build a rewarding life.

Source: United Nations, Aruma

Oh Fit-mas Tree

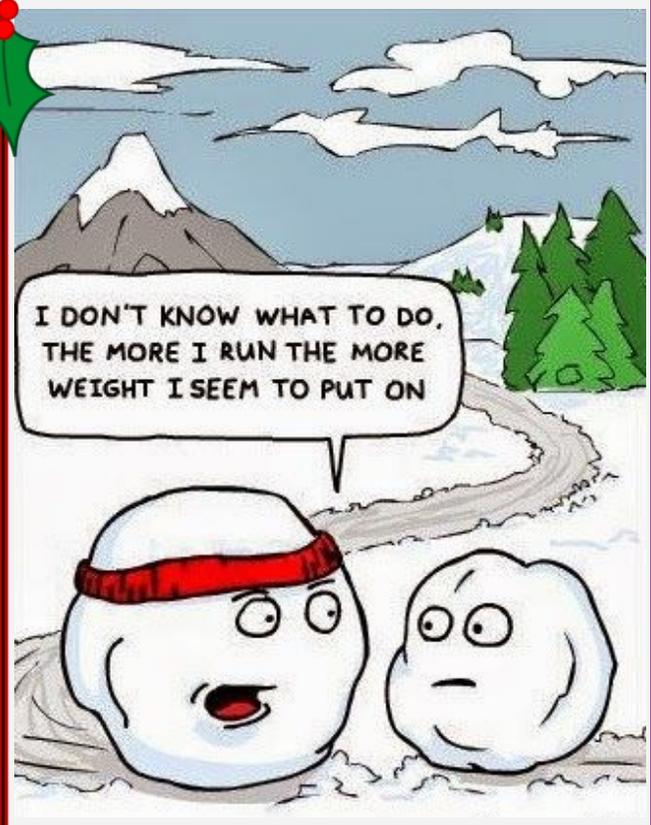


Take that holiday To-Do list and make it your workout plan.

Challenge yourself to take those holiday task a step further. This is the *Oh Fit-mas Tree Workout*, it can be completed while decorating your Christmas Tree. For every ornament placed upon the trees beautiful branches, complete one of the activities below.

- ❖ **Red Ornaments:** 5 Jumping Jacks each
- ❖ **White Ornaments:** 5 Squats each
- ❖ **Green Ornaments:** 10 High Knees each
- ❖ **Silver Ornaments:** 10 Sit Ups each
- ❖ **Red and White Ornaments:** 5- 10 Push Ups each
- ❖ **Green and White Ornaments:** 10 Calf Raises each
- ❖ **Special Ornaments:** 30 second Planks each

And remember every tree is different, so try Customizing this workout to your tree, your ornaments, and your needs.



National Handwashing Awareness Week

Handwashing is the single most effective way to prevent the spread of contagious diseases when done correctly.

It is estimated that washing hands with soap and water could reduce diarrheal disease-associated deaths by up to 50%. Appropriate hand washing practices can reduce the risk of respiratory infections by 16% and also reduce the risk of foodborne illness. **Especially during this very busy time of year, it is important to clean your hands frequently.** Sanitizers can quickly reduce the number of germs on our hands but they do not get rid of all types of germs. Washing hands with soap and water is the best way to get rid of germs in most situations.

In general, it is recommended that you wash your hands before and after eating, after visiting a public space, after using the restroom, blowing your nose, coughing or sneezing. See the infographic on the right for a quick review of proper handwashing techniques!

Source: Centers for Disease Control & Prevention, World Health Organization

HAND WASHING

Stay healthy. Wash your hands!



| | | | |
|---|---|---|---|
| <p>1 Get your hands wet.</p> | <p>2 Put on soap.</p> | <p>3 Rub soapy hands for as long as it takes to sing "Happy Birthday" two times or about 20 seconds.</p> | <p>4 Scrub fingertips and between fingers. Make lots of bubbles!</p> |
| <p>5 Scrub just below your wrists.</p> | <p>6 Rinse off. Wash all those bubbles away!</p> | <p>7 Dry your hands with a paper towel.</p> | <p>8 Turn off water with the towel. Throw the towel away.</p> |

Protect yourself against the flu during National Influenza Vaccination Week (December 5-11, 2021)



STAY HOME IF YOU'RE SICK



WASH YOUR HANDS WITH SOAP AND WATER



COVER YOUR COUGH OR SNEEZE

AND *get a* FLU VACCINE

DECEMBER IS

Safe Toys & Gifts Month!

Each year, thousands of children are treated for toy-related injuries, especially around the holiday season. During Safe Toys and Gifts Month, be sure you are taking the necessary steps to keep children safe.

CHECK THE AGE LEVEL OF A TOY BEFORE PURCHASING.

Make sure the toy is an appropriate age, skill and technical level for the child.



INSPECT TOYS OFTEN.

Check toys for loose pieces, rips, peeling paint and other signs of wear and tear.



AVOID TOYS WITH SMALL PARTS OR MAGNETS.

Small parts are choking hazards, while magnets can cause internal damage.



BE CAREFUL OF TOYS WITH SHARP EDGES.

Avoid purchasing toys that have sharp points or edges, to prevent injuries.



ONLY PURCHASE QUALITY, STURDY TOYS.

Choose toys that are made well, to prevent breakage and injury.



DO NOT GIVE TOYS WITH DANGLING STRANDS TO CHILDREN.

Strings, ribbons and pulls cords can be a choking hazard to young children.



HEALTHY EATS ⁶

Garlic Herb Lamb Chops

This lamb chops recipe is very easy to make, so don't let it intimidate you. Try this scrumptious and impressive holiday meal.

Ingredients

- 4 lamb chops
- Salt and black pepper to taste
- 1 tbsp olive oil
- 5 garlic cloves - minced
- ½ tbsp fresh rosemary - chopped
- 1 tbsp fresh parsley - chopped
- ½ tbsp dried oregano



Preparation

1. Remove loin chops from the fridge 30-40 minutes before cooking.
2. Place them on a paper towel-lined cutting board and pat them dry with paper towels. Season well with salt and pepper.
3. In a small bowl, add olive oil, garlic and all the herbs. Mix well to combine.
4. In a freezer bag or silicone bag, add lamb chops, the herb marinade, close bag and swoosh around until the chops are well coated with the marinade.
5. Heat a dry 12-inch cast iron skillet over a medium heat. In the skillet, place the chops narrow fat side down. You probably will need to use tongs to keep them balanced and to press the chops down so that the fat renders and turns crisp and brown. It's about 2 minutes.
6. Once the fat has melted into the pan, lay the chops flat on one of their sides. Cook for another 3 minutes, until browned, then turn and cook on the other side.
7. Transfer the chops to a platter and garnish with more fresh herbs. Enjoy!

Nutrition Information

Serving Size: 1/4

Per Serving: Calories: 90kcal, Carbohydrates: 2g, Protein: 7g, Fat: 6g, Saturated Fat: 2g, Monounsaturated Fat: 3g, Sodium: 303mg, Potassium: 104mg

Source: Primavera Kitchen

Chocolate and Peppermint Cookies

Perfect for Santa, cookie exchanges, holiday gatherings, or alongside a cup of hot cocoa

Ingredients

- 1 ¼ cups granulated sugar
- ½ cup brown sugar
- ½ cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 large egg
- 7.9 ounces (about 1 ¾ cups) all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon peppermint extract
- 1 ½ ounces crushed hard peppermint candies
- ⅓ cup semisweet chocolate chips
- Parchment paper

COOKIES FOR SANTA



Preparation

1. Preheat oven to 350°. Combine granulated sugar, brown sugar, butter, and vanilla in a large bowl; beat with a mixer at medium speed until fluffy. Add egg; beat just until blended. Beat in flour, baking soda, and salt.
2. Beat peppermint extract into cookie dough at medium speed. Stir in crushed peppermint candies and chocolate chips. Drop dough by tablespoonfuls 2 inches apart on parchment paper-lined baking sheets. Bake 10 to 12 minutes or until lightly browned.

WORLD AIDS DAY DECEMBER 1



December 1 is World AIDS Day, an opportunity to unite in our efforts to stop new HIV infections, support those affected by HIV, and to commemorate those who have died from an AIDS-related illness. This year's theme, "*End Inequalities. End AIDS*", shines a special focus on reaching people left behind. This is an opportunity for leaders and citizens to rally to confront the inequalities that drive AIDS and to reach people who are currently not receiving essential HIV services. Recent data from CDC demonstrates strong progress against HIV, but achieving epidemic control requires focusing on those groups at greatest risk for transmitting and acquiring the virus. CDC and partners are on the front lines working to accelerate efforts to reach the most vulnerable populations with targeted HIV prevention and treatment.

Through a concerted effort, we are reaching affected populations, such as gay, bisexual, and other men who have sex with men; racial and ethnic minorities, especially Black/African Americans and Hispanics/Latinos; cisgender and transgender women and girls; the LGBTQI+ community; those who use drugs; and other marginalized populations. To reach that goal, the World Health Organization is calling public health leaders to action by:

- ◆ Advocating for maintaining high quality essential HIV services during the COVID pandemic;
- ◆ Incorporating HIV into routine health interventions;
- ◆ Delivering care that is kind; respectful of human rights and without stigma;
- ◆ Ensuring you are trained and aware of infection prevention and control and that you use appropriate measures;
- ◆ Protecting your safety and that of the people you care for.

Broward County has among the highest rates of new HIV and AIDS cases in the United States. Disproportionately impacted groups include Men Who Have Sex with Men (MSM) of all races and ethnicities and women of color. In order to address the local epidemic, the Florida Department of Health in Broward County leads HIV prevention efforts. These efforts include the implementation of high impact prevention interventions directly and through contracts with partner agencies that serve disproportionately affected groups. To find a testing site call 1-800-FLA-AIDS or visit [GetPrePBroward](#). **And on December 1, you are encouraged to wear a red ribbon in solidarity with people living with HIV!**

Source: World Health Organization, Centers for Disease Control & Prevention

global solidarity, shared responsibility



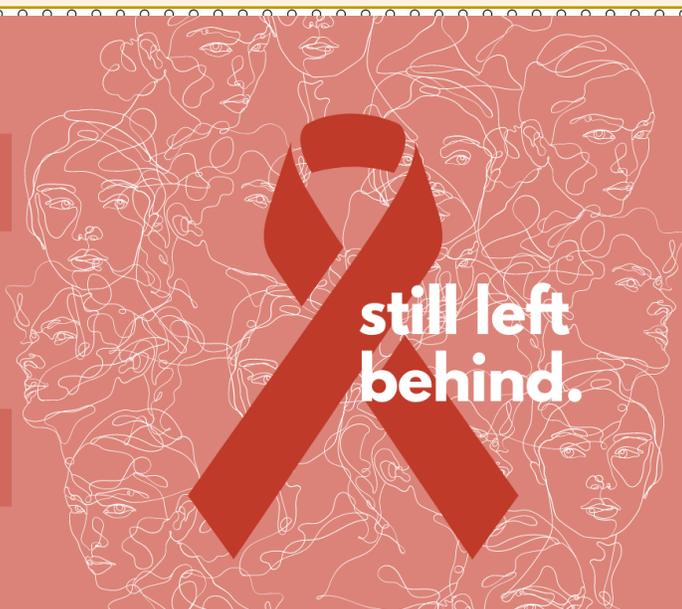
PEOPLE WHO INJECT DRUGS ARE 29X MORE LIKELY TO GET HIV THAN ADULTS IN THE GENERAL POPULATION



10% OF NEW HIV INFECTIONS ARE IN PEOPLE WHO INJECT DRUGS



LESS THAN 1% OF PEOPLE WHO INJECT DRUGS LIVE IN COUNTRIES WITH HIGH COVERAGE OF BOTH NSP & OST



PEOPLE IN PRISON ARE 7X MORE LIKELY TO BE LIVING WITH HIV THAN ADULTS IN THE GENERAL POPULATION



COVID-19 HAS MADE ACCESSING HEALTH SERVICES HARDER FOR VULNERABLE GROUPS



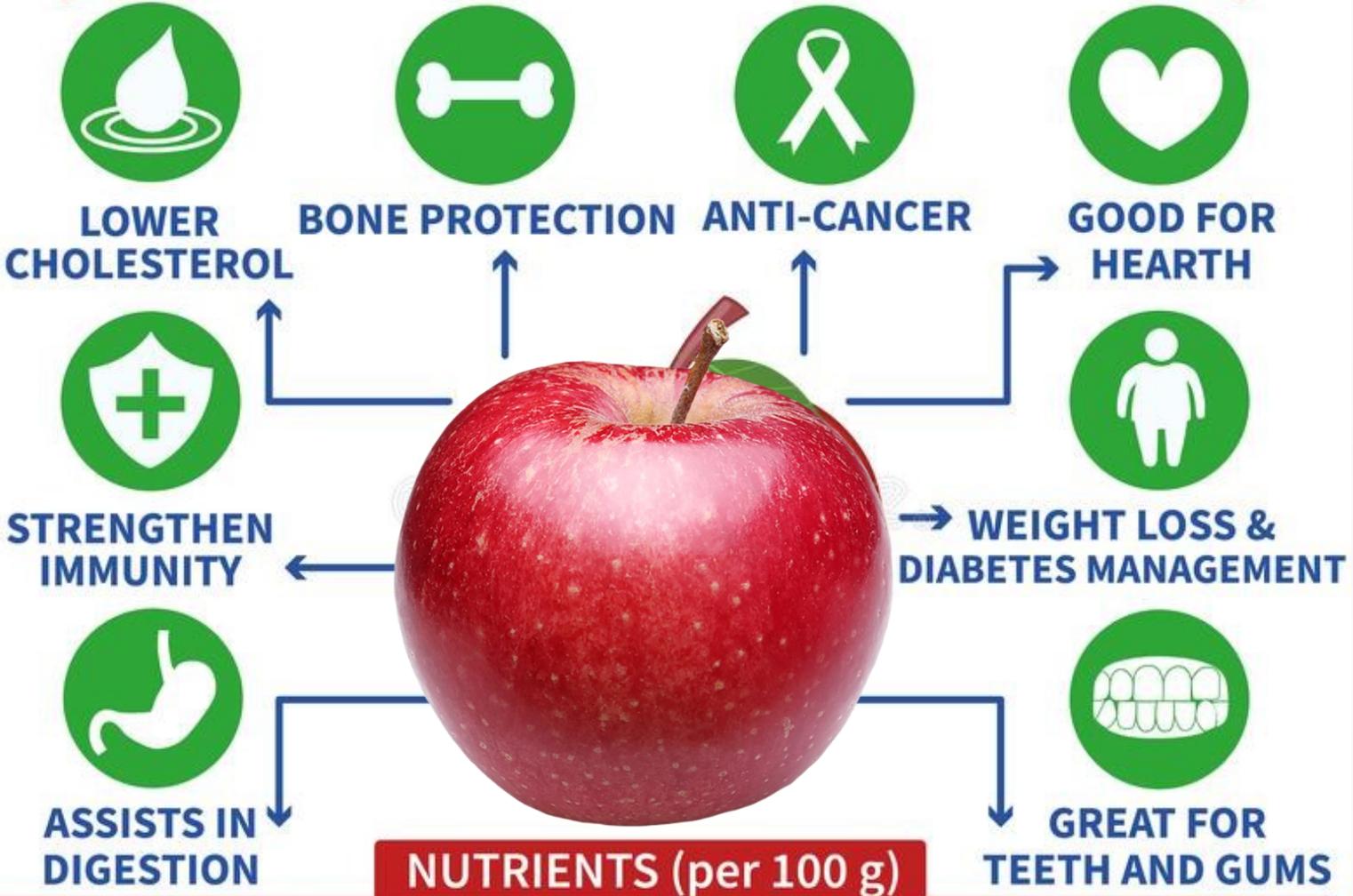
UNODC SUPPORTS PROGRAMMES FOR HIV PREVENTION, TREATMENT & CARE TO HELP REACH GLOBAL TARGETS WHERE NO ONE IS LEFT BEHIND



DECEMBER 1
EAT A RED APPLE DAY



HEALTH BENEFITS OF APPLE



NUTRIENTS (per 100 g)

| | | | | | | | |
|-----------------|---------------|-------------------------------|-------------------------------|---------------------------|-----------------|------------------|--------|
| VITAMINS | A 3 µg | B₁ 0,017 mg | B₂ 0,026 mg | B₉ 3 µg | C 4,6 mg | K 2,2 µg | |
| ENERGY | 52 kcal | FIBER | 2.4 g | CALCIUM | 6 mg | POTASSIUM | 107 mg |



What do gingerbread men use when they break their legs?
Candy canes.

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

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